

Antenatal Class Program

For evening classes



Thank you for choosing to participate in our Birth and Early Parenting Antenatal Classes. Here is an outline of what can be expected each week:

Week 1: Preparation for labour and birth

Welcome to the program

- Outline of program and group guidelines

Getting to know each other

- Introductions and group needs

Anatomy and physiology

- Overview of reproductive system and terminology
- Posterior presentation and delivery

Warning signs

- When to call the hospital

Signs of labour

- When to come to hospital
- Mechanism of labour

Stages of labour

- What to expect in labour
- Birth video

Understanding pain in labour

- Simple pain relief
- Self-help strategies

Role of support person

- Tips on being an effective support

Week 2: Preparation for labour, birth and possible interventions

Understanding pain in labour continued

- Pharmacological pain relief options

Possible obstetric procedures

- Induction of labour
- Amniotomy, augmentation
- Labour and delivery equipment
- Tears versus episiotomy
- Other possible unexpected outcomes

Introduction to the Womens Health Unit (WHU)

- Tour of Delivery Suite and WHU

Relaxation strategies

- Massage techniques
- Relaxation exercises

Week 3: Preparation for a caesarean birth, immediate post-delivery care and early parenting

Caesarean birth

- Elective and Emergency

Immediate newborn care

- The first few hours after birth

Newborn characteristics

- Common characteristics and behaviours of newborns

Newborn tests

- Newborn examinations and daily checks

Caring for baby

- Safe sleeping (SIDS/SUDI guidelines)
- Safe wrapping/swaddling baby
- Baby routines and settling techniques
- Neonatal security in hospital

Week 4: Post delivery care and early parenting

Feeding baby

- Tips and techniques
- Breastfeeding video

Postnatal recovery

- What to expect after birth

Postnatal mood changes

- Differences between 'baby blues', postnatal depression (PND) and puerperal psychosis
- Where to get help and treatment
- Community supports

Relationship changes for new parents

Going home

- Infant car restraints
- What might be needed at home
- Introducing family pets
- Community nurse support

Organise reunion

Nepean Private Hospital's Antenatal Classes aim to provide a basic overview in preparation for labour, birth and the postnatal period. If you need further information we encourage you to speak to your Obstetrician and/or GP.

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